

5 A Day Challenge

Make a copy of this chart for each person participating in the 5 A Day Challenge and have them fill it out. Track everyone's progress for a week and you'll see that eating five to nine a day is easy!

Daily Number of Fruit and Vegetable Servings

	Breakfast	Lunch	Snacks	Dinner	Total Goal: 5 A Day	Physical Activity Goal: 30 minutes each day
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

What's a Serving?

The 5 A Day for Better Health Program defines one serving as:

- One medium piece of fruit
- ½ cup cut-up fruit
- ½ cup raw or cooked vegetables
- One cup leafy salad greens
- ¼ cup dried fruit
- ½ cup cooked dried peas and beans
- ¾ cup (six oz.) 100 percent fruit/vegetable juice

Why eat 5 to 9?

Fruits and vegetables look good, taste good and are good for you. They are:

- Low in fat
- Low in calories
- High in vitamins
- High in minerals
- High in fiber

Why 30 minutes a day?

A half hour can make a difference in your health and how you feel. It's easy to get 30 minutes a day:

- Go for a walk with a friend or your pet
- Cleaning is exercise – add some music
- Play with the kids (ride bikes, play a game)
- Park the car further from the door and walk
- Walk to pick up the kids from school or get the newspaper